



# DuPage County Health Department R E V I E W

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to send suggestions  
or to be added to the  
distribution list.

The purpose of this two-page surveillance update is to promote the control and prevention of **communicable disease (CD)** by providing clinically relevant information and resources to healthcare professionals in DuPage County.



## Under the Microscope Novel Influenza A (H1N1)

For questions or to report a suspected, probable, or confirmed case or cluster of novel influenza A (H1N1), please call the DuPage County Health Department at 630-682-7979, ext. 7553.

As of May 29, 2009, **76 cases of novel influenza A (H1N1) have been confirmed in DuPage County residents** this year, ranging in age from **6 months to 78 years (median 13 years)**, including **12 hospitalizations** for  $\geq 24$  hours.

Per guidance issued by Centers for Disease Control and Prevention (CDC), clinicians should test persons for the novel influenza (H1N1) virus if they have an acute febrile respiratory illness or sepsis-like syndrome. **Priority for testing includes persons who 1) require hospitalization or 2) are at high-risk for severe disease (including persons < 5 years,  $\geq 65$  years, pregnant women, persons with chronic medical conditions such as asthma, diabetes, etc.).** Not all people with suspected novel influenza (H1N1) infection need to have the diagnosis confirmed, especially if the illness is mild.

To **report and coordinate testing** for a suspected, probable, or confirmed case or cluster of novel influenza A (H1N1), please call **630-682-7979, ext. 7553**. To test for novel H1N1 flu virus, an upper respiratory specimen (e.g., nasopharyngeal swab, endotracheal aspirate) should be collected for real-time RT-PCR testing. Persons who perform nasal and tracheal aspirate collections on ill persons require appropriate personal protective equipment. **Novel H1N1 flu virus infection cannot be excluded when a patient tests negative for influenza A by rapid antigen test**; further testing and treatment should be based upon clinical suspicion, severity of illness, and risk for complications.

CDC recommends that **influenza antiviral treatment** be given as soon as possible after onset of symptoms to all hospitalized patients as well as non-hospitalized patients who are at higher risk for seasonal influenza complications with confirmed, probable, or suspected novel influenza A (H1N1), including patients who seek treatment more than 48 hours after onset of symptoms. Influenza antiviral medicines should be initiated as soon as possible if influenza is suspected, and often before diagnostic test results (RT-PCR) are available, for maximum benefit.

Since influenza is primarily spread from person to person primarily through large-particle **respiratory droplet transmission**, persons may reduce their chances of becoming sick with H1N1 flu with **a few simple actions**:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze, and throw it away after use.
- Try to avoid close contact with sick people.
- Do not share eating utensils or drinking containers. Persons should not share straws, cups, glasses, water bottles used during sports or recreation, cigarettes, etc.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- If you get sick with influenza, CDC recommends that you stay home from work, school, and public gatherings for 7 days to prevent infecting others.

For further guidance, please visit [www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/), [www.idph.state.il.us/swine\\_flu/index.htm](http://www.idph.state.il.us/swine_flu/index.htm), [www.protectdupage.org](http://www.protectdupage.org), or call 1-800-CDCINFO.



